

A B S T R A C T

Immunomodulating pharmacologically and biologically active compositions containing a standardized extract of the plant *Tinospora cordifolia*, a process for their preparation and their use in dosage forms for healthcare, nutrition and treatment of disorders modulated by the immune system are described. The process includes preparation of an extract from plant parts of *Tinospora cordifolia* and standardization of the extract by phagocytosis and LC-MS single ion recording assays. Methods of treating immunomodulatory deficiencies in healthcare are also disclosed using the compositions.